

FRY BREAD RECIPE

5 cups of flour
1 tablespoon to 1/4 cup of powdered milk
2 teaspoons of baking powder
1/2 to 1 teaspoon of salt
1/8 teaspoon of lard (optional)
Use cooking oil to fry the bread (lard is optional)
Pinch of yeast is also optional

Mix flour, salt, powdered milk and baking powder with warm water to make a dough. Knead the dough until it is soft and does not stick to fingers (more flour might be needed to accomplish this). Let the dough sit covered in the fridge over night. Knead again and pull off a chunk of dough about the size of a medium apple. Form into a ball. Pat down on floured board. Shape into flat pieces by stretching with hands until about 1/16-inch thick. Fry both sides in hot grease. Poke a hole in the middle of the bread if there is a bubble while cooking. Serve plain, or with butter, honey, chili or eggs.